

Adult Diet Also Suitable For Youngsters Declares Home Economics Bureau

Bananas and cabbage, as well as the more familiar bread and carrots, can be and should be included in the diet of a two-year-old child, according to Mrs. Rowena Schmidt Carpenter, specialist in child nutrition of the bureau of home economics, U. S. department of agriculture.

"Children can safely eat a very much greater variety of foods than was formerly considered prudent," she says.

"Cabbage is another food that formerly young children were not supposed to eat, largely because of the way it was prepared. Cooked for a long time with fat meat, it is not suitable. But we now recommend cabbage for children if it is cooked quickly until tender, so that the flavor is not strong. It can also be chopped and used in sandwiches. Grated carrots and chopped celery can likewise be served in bread and butter sandwiches at the noon meal, as a supplement to a thick soup and a simple dessert. Children are fond of raw vegetable sandwiches. They are valuable because the entire vitamin content is retained. The sandwiches help solve the meal problem in the middle of the day.

"If meals are planned carefully and prepared properly the two-year-old child can eat almost anything that the rest of the family does. Foods which are too rich, highly seasoned, or fried should be avoided in the family meals if the children are going to eat them.

**Tomatoes Essential.** "When fresh vegetables and fruits are too expensive or are out of season, canned or dried products are suitable. Tomatoes and citrus fruits, which are practically interchangeable, are essential."

Mrs. Carpenter again emphasizes

the importance of milk in the low cost diet, calling it the best single food for the growth of children, since it builds bones, teeth and muscle. Mothers are safe in buying a good grade of fresh raw milk and boiling it over the open fire for three minutes, or heating for 20 minutes in a double boiler. Whichever way the milk is heated it must be cooled quickly.

Unsweetened canned milk may also be used for part or all of the supply if the cost of fresh milk is prohibitive during the stress of unemployment. Its food value is similar to that of fresh milk, but if canned milk is used over a long period of time, the diet should include more raw fruits, tomatoes, and vegetables.

"We used to think that little children should have a very simple supper of cereals," Mrs. Carpenter said. "Now we include vegetables and fruits in the evening meal, keeping the heavy protein dish for noon."

**Average Cost \$5.70.** So many families with one young child have appealed for help in budgeting their food money that the bureau has gathered prices for a father and mother and a two-year-old child. If this family group buys a week's supplies as outlined in the food guide, the average cost for the country is \$5.70.

Dr. Hazel Steubeling, food economist of the bureau, who prepared the food guide, points out that it is intended for families with low incomes. As it stands, it offers the maximum return in nutritive value for each dollar spent and can be followed safely, provided the various items are not reduced. Whether or not the housewife can purchase the foods for the prices quoted depends on her care in getting the most for her money. She needs to buy staple articles in as large quantities as practicable and should buy perishables frequently to avoid waste.

The range in the price of bread is responsible for most of the variations in the cost of the week's market basket for this family of three as quoted above. Ten one-pound loaves of white bread cost anywhere from 45 cents in Kansas City to 59 cents in Washington, D. C.

Following are listed the cities where the figures were gathered in the order of the expense of filling the market basket for a family of three: St. Louis, \$5.31; Chicago, \$5.33; Kansas City, \$5.44; Pittsburgh, \$5.47; Detroit, \$5.57; New Orleans, \$5.64; Philadelphia, \$5.69; Atlanta, \$5.88; Boston, \$5.88; Dallas, \$5.89; Charlotte, \$5.92; New York City, \$5.97; and Washington, D. C., \$6.10.

A family of three, including father, mother, and two-year-old child, should buy every week: Bread, 16-15 lbs. Flour, 1-2 lbs. Cereal, 3-4 lbs. Whole fresh milk, 9-14 lbs. Canned unsweetened milk, 9-14 cans. Dried beans, peas, peanut butter, 1-2 lbs. Potatoes, 3-10 lbs. Tomatoes, fresh or canned, 4 lbs. Other vegetables (including some of green or yellow color) and inexpensive fruits, 12-14 lbs. Fat, such as lard, salt pork, bacon, margarine, butter, etc., 2 lbs. Sugar and molasses, 3 lbs. Lean meat, fish, cheese, eggs (1 doz. eggs approximates 1 lb.), 3-5 lbs. Eggs (for children), 3 each. Coffee, 1 lb. Tea, 1/2 lb.

**Menu for One Day.** BREAKFAST: Ripe banana. Cooked cereal with top milk (coffee for adults). Milk (for child). LUNCH: Split Pea Soup. Hot-wet Bread Toast. Applesauce. Milk for all. DINNER: Liver and Rice Loaf and Creamed Cabbage or Creamed Fish with Vegetables and Stewed Tomatoes. Chocolate Cornstarch Pudding. Tea (for adults). Milk (for child). SPLIT PEA SOUP: 2 cups green split peas. Cold water. 1 large onion, sliced. 4 tablespoons butter or other fat. 2 tablespoons flour. 1 pint milk. 2 teaspoons salt. Dash of pepper. Parsley, finely chopped. Pick over the peas, wash well, and soak overnight in one quart of cold water. In the morning, add one more quart of water and the onion, cover, and simmer for

about 1 1/2 hours, or until the peas are soft. Press the peas and onion through a fine sieve, and save all the liquid. Blend the fat and flour, add the milk, and stir until thickened. Mix with the pea pulp and liquid, season, and serve when hot. If the soup becomes too thick, add more milk to give the right consistency. Lay a thin slice of lemon with finely chopped parsley over the top in each plate of soup just before it goes to the table.

**Liver and Rice Loaf.** 1/2 Cup rice. 4 cups boiling water. 1 pound sliced liver. 2 tablespoons butter or other fat. 1 Small onion, chopped fine. 1 Cup chopped celery. 1/2 Cup chopped parsley. 2 Tablespoons flour. 1 Cup tomato juice and pulp. 2 Teaspoons salt.

Cook the rice until tender in boiling water and do not drain; but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf; wipe the liver with a damp cloth and remove the skin; sprinkle the liver with salt and flour and cook in the butter in a skillet for about three minutes; remove the liver and grind or chop it very fine; cook the onion, celery and parsley in the drippings for a few minutes; add the flour and tomato and stir briskly until thickened; then mix all the ingredients until thoroughly blended, form into a loaf with the hands; place on parchment paper on a rack in an open roasting pan, and bake about 30 minutes in a moderate oven (350 degrees F.).

**Creamed Cabbage.** 3 cups milk. 1 1/2 quarts shredded cabbage, packed. 4 tablespoons flour. 4 tablespoons melted butter or other fat. 1 Teaspoon salt.

Heat the milk and cook the cabbage in it for two minutes. Add the blended flour and butter and a small quantity of cold milk, and stir until the mixture is thick and the cabbage retains its crispness and is delicate in flavor and color.

**Creamed Fish with Vegetables.** 1 pound fish, cod, halibut or salmon. 1 quart milk. 2 cups diced potatoes. 1 Cup diced carrots. 1 finely chopped onion. 4 tablespoons butter. 1/2 cup flour. 2 1/2 teaspoons salt. 1 Tablespoon chopped parsley. Simmer the fish in a small quantity of water about five minutes. Drain and remove the skin and bones, and flake the fish. Cook the potato and carrots until tender, and drain. Mix the flour with a small quantity of cold milk, and stir into the heated milk to which the onion, salt and butter have been added. Cook until thickened. Add the vegetables and the fish, cook for a few minutes longer, sprinkle a little parsley over the top, and serve. Canned fish may be used. It does not need the preliminary cooking.

**Stewed Tomatoes.** 1 No. 3 can tomatoes. A little chopped onion. 1/4 cup fine dry bread crumbs. Salt. Pepper. Butter or other fat.

Cook the tomatoes and the onion about 10 minutes, add the bread crumbs, salt and pepper to taste, and cook for a few minutes longer. Add the fat just before serving.

**Chocolate Cornstarch Pudding.** 6 Tablespoons cornstarch. 4 Tablespoons cocoa or 1 square unsweetened chocolate melted in the milk when heated. 1/2 cup sugar. 1/2 Teaspoon salt. 1 quart milk. 1 Teaspoon vanilla. Mix the cornstarch, cocoa, sugar and salt thoroughly; pour the milk which has been heated by a double boiler into this mixture; return to the double boiler, stir until thickened, cover, and cook for 20 minutes; remove from the fire, beat well, and add the vanilla; pour into a wet mold; chill, and serve plain or with a custard sauce.

**COTTON GOWNS WIN PLACE IN BALLROOM.** PARIS (AP)—Debutantes are going to be wearing cotton frocks at evening's this spring, according to early style prognostications, which predict the strangest cotton vogue in years.

Ornate, dotted swiss and voile are the most popular materials. A new model, made of pink dotted swiss, has a bertha neckline edged with matching Valenciennes lace, and is finished with a suede belt.

**PARIS LIKES LINGERIE IN SEA-FOAM GREEN.** PARIS (AP)—Green lingerie has swept Paris like a tidal wave. Slips, fitted chemises, night-dresses and even girdles are made in the new tint, a delicate sea-foam green.

Most of the springtime lingerie, made of chiffon or soft crepe, is trimmed in tucks and embroideries of the same shade, while other models are bordered in black lace of cobweb texture.

THE CRIME IN THE DUTCH GARDEN

**SYNOPSIS:** The murder of Anabelle Querdling, crushed to death by a grandiose scheme, remains shrouded in mystery. Her niece, Evelyn Blake had previously consulted Jimmie Haskell, young London lawyer concerning death threats against the eccentric spinster. Marjorie Blake, her sister, returning to the garden, which she and Dr. Netherton had just left, finds her aunt dead and summons Evelyn and her niece, Lionel Duckworth, who have previously consulted Jimmie Haskell, the maid, confirming the investigation. Hears her story and that of Dr. Netherton, who is the house steward. Superintendent Richmond, conducting the investigation, hears the story of the house steward. He is unconvinced of the truth of the story told by the chauffeur, who with Joe Allen, discharged gardener, is under suspicion. Tells of a strange while Constable Pascoe also recalls seeing another mysterious automobile and a stranger beside it. Dr. Netherton reluctantly reveals the truth to Querdling, who asks him to disinherit Marjorie should she marry.

Chapter 9 "OLD LADIES' FANCIES"

"When Marjorie married," Richmond repeated slowly the words Dr. Netherton had just spoken, "she would not get a penny of her aunt's money. Why did Miss Querdling say that to you?"

"That is a question only she could answer," replied Bill coolly, continuing when the superintendent insisted that she must have had a reason.

"You know how old ladies are," said Bill with a shrug. "She also said that the 'stingy fool, as she called Duckworth, hoped to persuade her otherwise, but would be disappointed."

"Why should Miss Querdling couple you with Marjorie?" the superintendent persisted. "Are you engaged?"

"We are not," the doctor reported. "Look here, you are on the wrong track altogether. Marjorie Blake and I are nothing more than old friends. If her aunt came to make silly suggestions, there is no need for you to."

Bill revealed under questioning that Miss Querdling had been ill so rarely that she had no regular physician and that his call on the night of the tragedy marked his third professional visit to her estate. He denied emphatically that he possessed Miss Querdling's intimate confidence.

"Then why," asked Richmond, "should she tell you that private matter concerning her niece and the money?"

"I told you I could not account for old ladies' fancies."

"You suggested there was no reason for her to think there was anything between you and the girl? You went off together and stayed talking in the lane for quite a while. Miss Marjorie told me that. How long were you there?"

"I don't know," Bill spoke shortly as in anger.

"What were you talking about?" "What the devil has that to do with you?"

"Just this," said Richmond doggedly. "While you say you were talking, or immediately after you had talked, some one killed Miss Querdling. She evidently thought you and Marjorie were lovers and she had just 'wed you if you married you would get none of her money."

The young man went white. "It might have been 'ith anger. He controlled himself with an effort.

"As I told you, Marjorie and I are old friends. Is it strange that we should talk together for a few minutes?"

"But you cannot say what you were talking about?" "No," returned Bill.

"Perhaps," suggested Jimmie. "If you will positively assure Mr. Richmond that your conversation had nothing to do with Miss Querdling that will satisfy him."

"Will it?" said Netherton in a rather contemptuous tone. "Suppose I say we were discussing last month's agricultural show or Farmer Brown's prize pig?"

"I should ask Miss Blake and see if she said the same. Here's my point," Richmond said. "If Miss Querdling warned her niece and her niece's lover that no money was to be expected from her, they might think it better to remove her before the threat was carried into effect. It is a hypothetical case that shows there is a matter on which I require to be satisfied."

Netherton's coolness had returned. "Now I will put my point," he said defiantly. "Marjorie and I are not lovers. Either ' were plotting Miss Querdling's death or we were not. If we were, we should deny it. Nothing else concerns you."

Richmond returned his stare. "Very well, doctor, I will take that as my answer."

When Bill said that he had gone home upon leaving Marjorie, Richmond disputed him, saying that when the chauffeur called for him he had not returned. The doctor explained that he had not said he had gone straight home. "I went for a walk," he added hesitantly. "I went to see Captain Stirling. He was not in."

"You went to Captain Stirling's house? His servants will, of course, confirm that?"

Netherton looked annoyed. "I did not say I went to Stirling's house but that I went to see Stirling. I was on my way to his house when he passed me on the road. He was in his car and ran by on the main road just before I reached it. I saw him, but he did not see me. It was useless to proceed, so I turned back."

Since there were few people about that late in the evening, Bill said that, aside from Marjorie, no one could confirm his movements from the time he spoke to Miss Querdling until he got home.

Captain Stirling, he explained to the superintendent, was the two-seater, headed toward Morrow Craig, though he could not say he was going there.

Bill declared that he had not seen the empty Morris which Green had reported stopped on the golf course. "If I met Stirling mill-ways, how could it have been there?"

Jimmie smiled. "If there was no car there when you passed, and you saw him going in that direction, it might have been there at the time the chauffeur suggests. If it was, is it likely to have been Stirling's?"

"How the dickens can I tell?" Bill clearly resented the inquiries. "Is Stirling a friend of Marjorie or of Evelyn? Is he likely to have been calling on Miss Querdling?" questioned Jimmie.

"Why ask me?" replied Bill. "Why not go to the parties concerned? I saw Miss Querdling at about 9:15 and she was alive and well. I saw her an hour later and she was dead. As a doctor I can tell you my belief as to the cause of death. Otherwise I know nothing and shall say nothing."

From this attitude he refused to budge, but his manner was more genial as they left. Jimmie and Richmond discussed him as they turned toward Morrow Craig to question Marjorie.

"The old lady said Marjorie would get nothing when she married," said Richmond. "That supplies a motive, and think of his and Marjorie's opportunity. On their own showing they were with the old lady or near her for about a half hour, including the moment she was killed. And their behavior is suspicious."

"There is something they have not told us," said Jimmie thoughtfully. "There may be things having nothing to do with Miss Querdling that they wish to keep to themselves."

"You may be right," he added, "but you must remember that the threat of disinheritance applied equally to Evelyn as to Duckworth. Have you made inquiries about him?"

"Yes. Real name's Dalton. A clerk until he found he could sing, and then changed to Duckworth. He's fairly well known. Nothing against him. Duckworth and Evelyn come out cleanest. She says he was with her singing, Janet and the other maid heard them, Marjorie says she came in and told them. Are they all lying?"

When they arrived at Morrow Craig, the door was opened by Janet, the dark-eyed maid. Her manner seemed unfriendly and Jimmie guessed that Ted Green had told her of his conversation with the superintendent.

"Just had a telephone call, haven't you, Janet," asked Jimmie. "Dr. Netherton to speak to Miss Marjorie?"

"Yes, sir." Her tone showed surprise, but he made no comment and she left them.

"Well, I'm jiggered!" exclaimed Richmond when she had gone. "I thought I should be in time to prevent their putting their heads together. Now do you believe they are innocent?"

"Of course there is something between them," said Jimmie. "What is it? That is the question." (Copyright, 1930, A. B. Lobban Co.)

Special Recipes

**Backgammon Dinner.** Pineapple Canapés a la Backgammon. Cream Soup. Cheese Straws. Planked Backgammon Platter. Kumquat Salad.

**Backgammon Brick Sherbet.** Tiny Frosted Cakes a la Checkers. Planked Backgammon Platter. Prepare mashed potatoes and Rarebit. Cut 12 circles of plinkies. Pressing the mashed potatoes through a pastry bag, lay off an oblong on a plank or glass utility dish. Then lay off a bar through the center and the points a la Backgammon board. Brush the potatoes lightly with evaporated milk to insure a perfect browning. Place the plank in a moderate oven (375 degree Fahrenheit) about 15 minutes or until brown, or if preferred, brown more quickly under the broiler flame turned high. Pour the hot Rarebit (kept hot over boiling water) between the points. Place the red plinkies circles in position and brush the whole with parsley. Yield: 6 servings.

**Rarebit.** 2 tablespoons butter. 1 1/2 tablespoon flour. 1/2 teaspoon salt. 1/2 teaspoon mustard. Dash cayenne. 1/2 cup evaporated milk. 1/2 cup water. 1/2 American cheese, cut in small pieces.

Make a white sauce of the butter, flour, salt, mustard, cayenne and milk and water. Add cheese and stir until it is melted. Serve on crackers or toasted bread. Yield: 4 servings.

**Backgammon Brick Sherbet.** Freeze one-half the quantity of each of the two sherbets given herewith in inch deep layers in the freezing compartment. Using a triangle cutter or a knife and rule, cut points similar to those on a backgammon board. Place the alternate colors together in a refrigerator tray. Place a filbert nut or an English walnut meat at peak of each point to represent the landing circle. Then pour in enough orange juice (about 1/2 cup) to freeze the points together when the finished tray is returned to the freezing chamber. Serve in sections as you would brick ice cream, with tiny cakes frosted a la checkers. Yield: 8 servings.

**Orange Milk Sherbet.** 1 1/2 cups evaporated milk. 2 cups sugar. Few grains salt. 1 cup water. 2 cups orange juice. 2 Tablespoons lemon juice. Pour evaporated milk into freezing tray and chill in refrigerator or in a bowl surrounded by chipped ice and salt. Boil sugar, salt and water until there are 2 cups of syrup. Add orange and lemon juice and chill. Pour orange mixture slowly into chilled milk. Freeze. Yield: 1 1/2 quarts.

**Cocoa Milk Sherbet.** 1/2 cup sugar. 1/2 cup cocoa. 1 teaspoon flour. 1 1/2 cups boiling water. 1 egg. 1 teaspoon vanilla. 2 cups evaporated milk. Mix sugar, cocoa and flour in top of double boiler. Add water and boil 3 minutes. Pour over beaten egg. Return to boiler and cook over hot water 2 minutes longer. Cool, then add vanilla and milk. Freeze. Yield: 1 1/2 quarts.

**Sugar Cookies.** 4 cups family flour. 1 teaspoon baking powder. 1/2 teaspoon soda. 1/2 teaspoon salt. 1 cup fat (half butter). 2 cups sugar. 3 eggs. 2 tablespoons evaporated milk. 2 tablespoons water. 1 teaspoon vanilla extract. 1/2 teaspoon lemon extract. Sift flour, then measure. Beat with baking powder, soda and salt. Cream fat and sugar. Add eggs and continue creaming until smooth and fluffy. Add evaporated milk, water and flavorings. Roll out thin, cut and bake in hot oven (400 degrees Fahrenheit) or use 3 cups flour and force dough through pastry tube onto baking sheet to form cookies. Yield: 6 dozen cookies.

**Plain Cake.** 1 1/2 cups pastry flour. 2 teaspoons baking powder. 1/2 teaspoon salt. 1/4 cup fat (half butter). 1/2 cup sugar. 1 egg. 3 tablespoons evaporated milk, diluted with enough water to make 1/2 cup. 1/2 teaspoon vanilla. Sift flour, then measure. Beat with baking powder, soda and salt. Cream fat and sugar. Add eggs and continue creaming until smooth and fluffy. Add evaporated milk, water and flavorings. Roll out thin, cut and bake in hot oven (400 degrees Fahrenheit) or use 3 cups flour and force dough through pastry tube onto baking sheet to form cookies. Yield: 6 dozen cookies.

**Apple Croquettes.** One cup boiled rice, one-half cup thick, tart applesauce, salt, one teaspoon lemon juice, grating of lemon peel, one teaspoon butter. Mix ingredients well. When cold, shape into croquettes. Roll the croquettes into crumbs and then in beaten egg to which has been added four tablespoons of milk, and again roll them in crumbs. Fry in deep fat and drain on soft paper. Serve with cheese sauce.



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JAPAN'S WOMEN DROP FANS FOR INDUSTRIES

WASHINGTON (AP)—Japanese women are emerging from the fan and cherry blossom tradition into the field of industry and are helping run mines and railroads. The department of labor says that 4,774,947 persons employed in Japan at the end of last June 1,534,214 were women. Less than one-half of them are employed in factories. About one-tenth are engaged in transportation and communication. About one-fifth work in mines.

RIVIERA STILL SEEKS SUN TANNED BACKS

PARIS (AP)—The sun-tan vogue is on again and fashionable wo-

men expect to be "brown as berries" next fall.

Despite all that has been said about retaining white skins in women with feminine styles, women preparing for a Riviera season are investing in bottles of amber oil that snap to the belts of their bathing suits to aid in the tanning process. Bathing suits themselves have less backs than ever before.

APPLE CROQUETTES

One cup boiled rice, one-half cup thick, tart applesauce, salt, one teaspoon lemon juice, grating of lemon peel, one teaspoon butter. Mix ingredients well. When cold, shape into croquettes. Roll the croquettes into crumbs and then in beaten egg to which has been added four tablespoons of milk, and again roll them in crumbs. Fry in deep fat and drain on soft paper. Serve with cheese sauce.

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